



# Ion Health

A monthly e-newsletter from Mineral Resources International, Inc.®

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## In This Issue:

- MRI's Products Now Available Through Nature's Best!
- Magnesium May Improve Memory
- Natural Recipe for Combating Arthritis: Glucosamine + Walking

## Mineral Resources International, Inc. Expands U.S. Distribution through Nature's Best

Last month, Mineral Resources International, Inc. (MRI), announced that its line of all-natural, premium ionic mineral supplements invented by the Andersons, the originators of full-spectrum mineral and trace element supplements from Utah's Great Salt Lake, will now be distributed to health food stores in the U.S. by Nature's Best, the Natural Products Distributor®. These products include Anderson's Concentrated Mineral Drops (CMD)™, OmniMin™, FortiSalt™, elete Electrolyte Add-In™, and tablytes™. "We are very excited to work with Nature's Best," said Val John Anderson, Executive Vice-President and Director of Sales and Marketing for MRI. To read the full release, visit:

[http://www.mineralresourcesint.com/RELEASES/Natures\\_Best\\_Distributes\\_MRI.pdf](http://www.mineralresourcesint.com/RELEASES/Natures_Best_Distributes_MRI.pdf)

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## Magnesium May Enhance Memory

A new study, published in the journal *Neuron*, reports that magnesium (an essential mineral) may be more critical than previously believed for brain development in children and brain function in adults. Researchers from Tel Aviv University divided rats into two groups. Researchers fed the rats normal diets containing "healthy amounts" of magnesium from natural sources. In addition, the first group of rats was given MgT (magnesium-L-threonate) while the control group ate its normal diet. The researchers report that after two weeks of supplementation, behavioral tests indicated improvements in cognitive function as well as increases in the synapses of the brain in the Mg-supplemented rats. *Source: "Magnesium Enhances Memory." Accessed February 25, 2010 from [www.naturalproductsmarketplace.com](http://www.naturalproductsmarketplace.com)*

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## Glucosamine and Walking May Ease Osteoarthritis Symptoms

Osteoarthritis is *the* most common degenerative joint condition. Nearly 50 percent of people age 65 suffer from osteoarthritis, and nearly everyone age 75 or older has it to some degree or another. Even for young men and women, an injury, such as a knee or hip fracture, can cause early onset osteoarthritis. Many individuals suffering from the pain of osteoarthritis and struggling to maintain an active lifestyle may feel that it's impossible to maintain healthy activity levels with osteoarthritis. But a new study may offer new hope. Recent research indicates that taking 1,500 mg of glucosamine sulphate (an amino sugar naturally produced in humans) daily combined with a progressive walking program resulted in a significant improvement in symptoms. To read an overview of the study, go to: [http://www.nhiondemand.com/HSJArticle.aspx?id=766&utm\\_source=Health+Studies+Journal+-+Professional&utm\\_campaign=83a96fa973-HSJ\\_Mar\\_2nd\\_2010&utm\\_medium=email](http://www.nhiondemand.com/HSJArticle.aspx?id=766&utm_source=Health+Studies+Journal+-+Professional&utm_campaign=83a96fa973-HSJ_Mar_2nd_2010&utm_medium=email). MRI offers several premium bone and joint formulas to choose from—all made with our quality minerals and trace elements and the finest natural ingredients.

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